



**DIAPHRAGM - CHECK**

<b>DEFINITION</b>	May be independent problem visit or part of routine annual evaluation.
<b>SUBJECTIVE</b>	<b>May include:</b> <ol style="list-style-type: none"><li>1. LMP.</li><li>2. Medical, sexual, and contraceptive use history update, as appropriate.</li><li>3. History of any method related problems such as:<ol style="list-style-type: none"><li>a) Discomfort when diaphragm in place.</li><li>b) Vaginal or penile irritation.</li><li>c) Inconsistent diaphragm use (consider another method).</li><li>d) Dislodgement during intercourse.</li><li>e) Increased incidence of UTIs.</li><li>f) increased incidence of vaginitis</li></ol></li></ol>
<b>OBJECTIVE</b>	<b>May include:</b> <ol style="list-style-type: none"><li>1. Pelvic exam to check correct sizing.</li><li>2. Visualization of cervix and vagina.</li></ol>
<b>LABORATORY</b>	<b>May include:</b> <ol style="list-style-type: none"><li>1. Pap smear.</li><li>2. Vaginitis/cervicitis testing</li></ol>
<b>ASSESSMENT</b>	Diaphragm check.
<b>PLAN</b>	<ol style="list-style-type: none"><li>1. Check diaphragm for "wear," fit, and correct usage, as appropriate.</li><li>2. Replace diaphragm, as appropriate.</li><li>3. Refit if not adequately covering cervix (too small) or if erosions indicate diaphragm is too large.</li><li>4. Replace diaphragm if 1-2 years old or if shows signs of wear.</li></ol>
<b>CLIENT EDUCATION</b>	<ol style="list-style-type: none"><li>1. Reinforce diaphragm education.</li><li>2. Review safer sex education, as appropriate.</li><li>3. Recommend that client RTC for annual exam, after pregnancy, with weight change of at least 10 lbs., or PRN for problems.</li><li>4. Offer hormonal methods of ECP in advance of need. (See ECP protocol.)</li></ol>
<b>CONSULT / REFER TO PHYSICIAN</b>	<ol style="list-style-type: none"><li>1. Client with symptoms of TSS.</li></ol>

**References:**

1. Hatcher, R. A., Trussell, J. Nelson, A., et al (Editors)(2011). Contraceptive Technology. (20th revised ed.). p.391-407. New York: Ardent Media.
2. CDC U.S. Medical Eligibility Criteria for Contraceptive Use, 2012, [cdc.gov/mmwr/pdf/rr/rr59e0528.pdf](http://cdc.gov/mmwr/pdf/rr/rr59e0528.pdf)
3. Womenshealthcareclinic.com (medical protocols) Retrieved August 3<sup>rd</sup>, 2013